

BREAKTHROUGH

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Overview of the 1988 Professional Seminar

TMI Professional Members convened for the sixth annual Professional Seminar September 3 through 9 of 1988. Held at the Institute's facility in Faber, and hosted by Professional Division Director Leslie France, this year's seminar centered around the theme, "Celebrate Emergence," providing professional members an opportunity to focus on new creative uses of the Hemi-Sync technology. Unique to the history of the Professional Seminar was this year's format of a retreat, allowing a looser, more relaxed program structure while giving participants the chance to explore their own intuitive natures with excursions into Focus 12 and Focus 15. The retreat atmosphere, together with the excellent presentations, group discussions, tape exercises, open house at the Monroe's, formal and informal networking, and other activities, made this year's Professional Seminar a singular experience for each and a great success for all.

This issue of *BREAKTHROUGH* brings a smorgasbord of exciting and provocative articles distilled from presentations at the Professional Seminar. Skip Atwater, technical consultant to the Institute and recently-named Coordinator of our new Brainmapping Project, presents an overview of the current research directions in mapping brain wave patterns to discrete consciousness states. In "Healing From Within," Michael Dullnig, Larry Falk, and Ann Martin present promising results from a unique pilot program using Hemi-Sync, including the new H-Plus technology, to treat HIV+ individuals. Joe McMoneagle, in "The Value of Dying," talks about the characteristics as well as the opportunities of the near-death experience (NDE), based on his own startling experiences. In "Beyond 20/20," Pauline Johnson offers some powerful alternatives for improving eyesight. TMI Board of Advisor's member Jim MacMahon offers his perspectives on how to market oneself in "PR/Publicity for the Professional." Another of TMI's Advisors, Art Gladman, provides a medical/psychiatric perspective on the uses of Hemi-Sync in "Biofeedback, Medicine, and Hemi-Sync." Finally, in "Explorer Project," Institute associates Rita Warren, also an Advisor, and Dave Wallis report on the status and plans for the Explorer Program.

If you are interested in contacting any of the professional members regarding their research or projects, contact Leslie France at (804) 361-1252.

Brainmapping Project

By F. Holmes Atwater

F. Holmes (Skip) Atwater has been a college instructor, scientific investigator and behavioral engineer. He specializes in the design and application of methods for developing advanced human potentials. He has been a technical consultant to The Monroe Institute since 1977.

Updating his professional paper of last year, Fred "Skip" Atwater outlined TMI's current and ambitious research project for the physiological monitoring of consciousness—the Brainmapping Project. Specifically, the new sophisticated computerized equipment will provide data for high resolution color topographic mapping of the electrical activity of the cerebral cortex, skin potential voltage (PVR), galvanic skin response (GSR), and peripheral temperature. Until now, Explorer lab sessions only provided GSR readings.

Skip provided an overview of the types of brain wave monitoring, telling how Electroencephalographs (EEGs) use 16 channels to graph the frequency and amplitude of different areas of the brain's cortical electrical activity. However, due to unwieldy amounts of paper required to accumulate data and the limited capacity to interpret and communicate these results, EEGs pose a ready-made problem for research. He also mentioned the "Mind Mirror," which uses light emitting diodes (LEDs) to track and record cortical electrical activity by presenting a lighted bar graph of the brain's right and left hemispheres. The problem here, he mentioned, is that the Mind Mirror computes only 4 channels and thus offers averages rather than specific readings.

By contrast, TMI's new system will monitor 20 channels, allowing one to quickly assess many variations of frequency, amplitude, and electrode location, as well as allowing one to monitor these variations in different time periods. Moreover, these can be monitored on a video display terminal by viewing graphs similar to EEG tracings, or by viewing color pictures that represent the frequencies and electrode locations, or both simultaneously.

This process of Brain Electrical Activity Mapping (BEAM) was developed circa 1982 by Dr. Frank Duffy of Children's Hospital Medical Center in Boston, and David Culver of Braintech, a manufacturing company in New Jersey. The computer software has been tailored for TMI to indicate frequencies lower than 4 hertz, and to indicate phase relationships between electrodes. This will result in improved Hemi-Sync tapes, a more efficient use of frequencies, and the ability to tailor Hemi-Sync tones for specific individual use.

Skip told how he hoped the hard data might stimulate doctors, dentists, and other professionals to view BEAM for its practical applications. He also hopes this pilot study will seed the imagination of academia so they will strive to replicate these studies.

Healing From Within: AIDS And Hemi-Sync

By Michael Dullnig, M.D., Lawrence Falk, J.D., and Ann Martin, M.A.

Lawrence Falk, J.D., is an attorney and facilitator in a number of human potential workshops. Ann Martin, M.A., is a veteran Monroe Institute trainer. Michael Dullnig, M.D., is a healer and psychiatrist. The following is an excerpt from their report, presented at the Professional Seminar, based on a seminar they conducted with eight HIV+ subjects.

METHODOLOGY: We established an eight-week didactic seminar in San Francisco, working with eight gay men who responded to an advertisement for our project. The men ranged in age from 30 to 50, and were noted to be highly successful in their careers (several corporate executives, physicians, an attorney, and a publisher), and motivated to learn these self-healing tools. The course ran from June through August and met for eight three-hour evening sessions (twenty-four hours total), and participants were charged a nominal fee. Most of the men were asymptomatic or had mild physical symptoms. Criteria for effectiveness of the course centered around two areas: physical and psychological symptoms. Most of the participants reported sleep disturbance problems (problems falling asleep, early awakening, and/or subjective loss of effective sleep). Two participants noted physical pain from concurrent experimental medical treatments. One person reported intermittent outbreaks of shingles related to impaired immune functioning, and three individuals reported a progressive decline in T4 (T-Lymphocyte helper-cell) number, which is characteristic of HIV disease progression. Among common physiological symptoms encountered were feelings of stress over infection with HIV, feelings of helplessness and hopelessness, decreased libido, and uncertainty about life.

The course focused on the multidimensional model of personality (intrapersonal, interpersonal, and transpersonal) and "being," defining health as "the perception of well-being, wholeness, and abundance in all aspects of one's life." This included assessing all aspects of one's thoughts, feelings, behaviors, physical environment and spiritual nature with the concept that any change in one area enables changes within all of the others. Discussion topics in the various weeks included issues of stress on immunity, belief systems and identity, creating options, empowerment, and the uses of visualization and Hemi-Sync. Twenty-two Hemi-Sync tapes, including twelve H-Plus function tapes, were used as well as other relaxation/visualization tapes such as the hypno-peripheral processing technique of Lloyd Glauber-man, Ph.D. "Homework," which included listening to the various tapes, was assigned.

By stepping out of the duality model of consciousness ("either/or," "good/bad," "right/wrong") and expanding to include "and" and "all," one creates options for one's way of

living. As well, by working past seeing life in terms of its effects and establishing the "cause" as resting within the person him/herself, one transcends the victim role into becoming the creator/participant in life. Disease, then, is seen not in terms of its ill effects, but rather as a fundamental part of the healing process, and a necessary catalyst for personal transformation. The duality model of "disease" as "bad" and "health" as "good" no longer is useful. The challenge then becomes loving the virus and establishing a peaceful coexistence rather than reverting to an internalized "war." Emphasis is placed upon expanding one's consciousness and incorporating increasingly greater parts of the "Total Self" into consciousness, thereby shifting the focus of effort not upon physical healing per se, but upon expanding conscious awareness.

RESULTS. A significant shift in attitude and what we define as "health" was seen in all of our eight participants. Among physical target symptoms all noted an overall improvement in sleep patterns, both qualitatively and quantitatively. The two participants with pain noted a total cessation of symptoms. Two reported what was felt to be a substantial (200+) increase in T4 cell levels (a third person's results were pending at the time this report went to press). Our one person with shingles, however, noted no significant improvement in the recurrence or intensity of outbreaks. All participants noted significant changes related to their states of well-being and physical relaxation while listening to the Hemi-Sync tapes, quickly learned and repeatedly utilized the H-Plus functions, and were eager to experiment with more tapes.

Among physiological target symptoms, all participants noted substantial improvement. Comments included, "My sense of well-being is 'right there,'" "I feel empowered to change," "I've been able to return my life to normality rather than I'm just a person who is HIV +," "I experience emotions more, I love people more, I am more conscious," and "I have an increased sense of personal power over living with the virus."

Our own observations confirmed a major shifting of consciousness in our participants. There was a noticeable reduction of general anxiety and tension, an increased willingness to explore the self in terms of a greater identity and with increased permission to explore options for change, a perceived increase in commitment to improve the quality of their lives, an increase in personal energy conveyed and enthusiasm expressed in body posture and general attitude, and an expressed desire to share these changes with others. All encouraged us to continue this work with future seminars and expressed their support in enrolling their friends.

We are quite interested in hearing from others interested in our work, both from individuals interested in taking a future workshop for themselves or those interested in training to lead a workshop of their own. We are also happy to answer any questions we can. Please contact us at:

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The Value Of Dying

By Joseph McMoneagle

Joe McMoneagle is a professional remote viewer. Through his company, Intuitive Intelligence Applications, Joe provides consulting services in parapsychological research and development. His clients include research institutions and numerous private companies engaged in mining, archeology, investments, and oil and water exploration. He is also a consultant to The Monroe Institute in a variety of capacities.

In his presentation at the Professional Seminar, Joe gave a personal account of his own NDE's (near-death experiences) and offered an overview of the research and theory surrounding the NDE phenomenon.

In 1970, Joe had a classic experience meeting all five of the accepted criteria for an NDE:

1. Feelings of extraordinary peace and contentment
2. Detachment from physical body
3. Entering Darkness
4. Appearance of exceptionally beautiful white light
5. Being enveloped or falling into the white light

Joe noted that there are two basic types of NDE situations: with warning and without warning. In the first instance, predispositions owing to cultural and religious or family programming are possible. For NDE's without warning, this kind of predisposition is much less likely. In citing research models for examining the meaning or source of NDE's, Joe related Gabbard's and Twemlow's exploratory hypotheses:

1. Cultural or religious programming
2. Birth models
3. Neurophysiological models
4. Psychological models
5. Paranormal models

The mix of data available on NDE's makes it unlikely that any of the models will fit the diversity of experiences. Joe felt that many researchers tend to have looser rules and become less coherent and specific in their approach when evaluating subjective experiences, and suggested that the reverse approach (stringent evaluation) would be preferable. It is a mistake, Joe contended, to think of NDE's generically. The philosophical impact of the NDE on the individual's life is impossible to judge externally. Experiences differ tremendously depending on whether there is warning or no warning. Expectation of specific occurrences or no expectations contribute to what happens. Joe advanced the following premises as givens: A. The experience changes the individual's view of reality; B. It can be temporarily blocked but not denied; C. If it is blocked (not dealt with), the overall effect is perceived as destructive; and D. The knowledge gained thereby is undeniable. An NDE leads to the realization that one is more than physical and has a spiritual nature which can transcend physical reality (similar to macro experiences associated with the Gateway program). During an NDE many persons meet a figure which can be considered either as the specter of

Death which is always over our shoulder, or as a protecting angel.

Joe offered a review of his 1985 NDE experience following a massive coronary, in which he alternated between being in his body and out-of-body, then travelled through a dark tunnel into a white light, only to return to his body when his heart was restarted. During a later triple bypass operation, Joe encountered three distinct entities, two of whom knew Bob Monroe. Joe asked them for criteria by which to validate his experience and, among other things, received the following: 1. He was allowed to return to his physical body and experience the surgical closing procedure, without pain. 2. He was promised a quick recovery, and not only did he regain consciousness in 45 minutes, but went through the next two recovery periods so rapidly that he arrived in the surgical care ward 12 to 15 hours ahead of the norm. Within two days, he was up and walking, and was back home working at his desk on only the fourth day following his triple by-pass.

Basic to Joe's experience was a personal realization of the cohesiveness of all living things. He passed through a "life review" during the NDE which he described as an opportunity to perceive all the "wasted" energy and experiences of the lifetime (all the times he had failed to pay attention. This perception was available without any judgment as to right or wrong). In this review, the living emotion is separated from the acts themselves. One carries forward the energy essence of the acts. As a metaphor, Joe said we are born into the physical life as a blank cassette. We keep the sounds but discard the cassette on exiting from life.

Joe summarized by saying that physical existence is an opportunity to become awakened, which means to pay attention to how one interacts. It is not so much a question of what you do but how you do it. Being prepared by TMI programs and having an NDE with warning made his second experience totally different from the first (in which he went directly into the white light, but was sent back because he didn't belong there). NDE's, Joe maintained, won't be understood by science until we determine more specific ways of collecting data, differentiate between types of NDE's, and respect subject confusion about what they've experienced. The issue is *focus*, Joe asserted. We are responsible for our actions and their effects on others.

Quotes from the Professional Seminar

"There was wonderful blending of the thoughtful-academic and the experiential aspects of Hemi-Sync that underlie what we do and what brings us together as a focused, sharing group."

"All in all, this was an excellent experience."

"The [one on one booth session and tape experiences] both greatly enhance personal growth. We can spend our following year working from an enhanced position."

Beyond 20/20

By Pauline Johnson, M.S.

Pauline Johnson became a reading teacher to help her son, who suffered with dyslexia. Pauline went on to complete her Masters thesis on dyslexia, and later became academic Dean of Lighthouse Academy, where she began to define the sources of learning difficulties in children.

Pauline presented a detailed account of the vision improvement techniques she has developed, initially to help with her son's dyslexia. Dyslexics, Pauline asserted, tend to have bad directional sense, problems with right eye/left hand, left ear/right hand coordination, as well as difficulty in math and reading. After consulting with optometrists and doctors, she devised a general program for vision improvement that has proven effective for those with chronic vision impairment as well as patients suffering from a variety of illnesses and accidents.

Many of the problems experienced with vision are due to an incompleting stage in the developmental process. Pauline presented a pyramidal hierarchy of the development of physical, visual, and verbal skills:

- Academic - verbal & mathematical
- Balance - body/eyes work as a team
- Work
- Visual-motor integration
- Fine motor skills
- Gross motor activities (such as crawling)

The thrust of Pauline's interventions focus on moving backwards (down) in the hierarchy and repatterning at the appropriate developmental stage in order to correct problems in a latter stage.

In addition to traditional medical techniques, Pauline covered a variety of body/mind techniques to improve vision, and provided actual case histories. Among these techniques were:

- Hemi-Sync—Playing Metamusic behind sustained whiffle-ball eye-tracking exercises
- Trampoline—alternating right foot forward, left hand up, reading numbers and multiplying numbers at the same time
- Chiropractic, cranial kinesiology, reflexology, edukinesiology
- Win Wenger Technique—listening to self on headphones while reading (reading smooths out due to immediate feedback)
- Wayne Fixator—develop near/far peripheral awareness
- John Shoe Pursuit Exercise—subject observes side to side, up and down, and diagonal movements of a moving pencil
- Pinhole Glasses—eyeglasses that contain hundreds of tiny holes that help exercise the eye muscles and open up alternative neural pathways
- A variety of other ocular facilitators—eye patches, anti-stress lenses, etc.

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Explorer Project

by Rita Warren, Ph.D. and Dave Wallis, M.S.

Rita Warren is a research consultant to The Monroe Institute. She received her Doctorate of psychology at the University of California, Berkeley and spent a number of years conducting research on juvenile offenders in California. Before moving to Virginia in 1983, she was Professor at the School of Criminal Justice at the State University of New York, Albany. During the past five years, Dr. Warren has directed and conducted over 800 sessions with more than 140 individuals in the Research Laboratory at The Monroe Institute. She is also a member of the Institute's Board of Advisors.

Dave Wallis is a technical consultant to The Monroe Institute who has been actively engaged in the design, construction and development of the Research Laboratory for the past 6 years. Prior to 1981 he served on the staff of Lockheed Missiles and Space Company in Sunnyvale, California as a senior systems test engineer.

Rita Warren and Dave Wallis, in providing an overview of the Explorer project, stated that the primary goal of the program is to obtain information from nonphysical realms while recording the physiological states of the subjects, called Explorers, during these investigations. The fundamental question posed regarding any Explorer session is: "Is the information helpful to man in the physical?"

Rita explained that Explorers typically come from Institute Gateway Voyage and Guidelines programs. Therefore, they are already skilled in the use of certain tools and vocabulary associated with TMI (e.g., the Affirmation and practice with Focus levels). Since 1984, nearly 200 male and female subjects from different age groups and with different levels of education, have participated in more than 1,000 sessions.

Rita explained the duties of the Explorer, the Monitor, and the Technician—the three people involved in an Explorer session. The subject in a session, or the Explorer, has three roles: to have fun, to be helpful to TMI and the world, and to be helpful to oneself. In turn, by maintaining voice communication with the Explorer and by controlling the Hemi-Sync signal, the Monitor guides each subject into altered states of consciousness while remaining sensitive to the experience of the Explorer, thereby helping the Explorer remain focused on the information being accessed. Working with the Monitor, the Technician obtains physiological measurements and informs the Monitor of any changes. The Technician is also responsible for the video and audio recording of the session.

Thus far, some of the topics explored in the sessions have included death and transition, sleep and dreaming, illness and healing, the nature of time, guidance, other environments or reality systems, and human potential.

Dave explained that Explorer sessions are being transcribed from audio tapes to a written format. This will allow the cross-referencing and/or isolation of desired infor-

mation concerning sessions, individual Explorers, and subject matter. He described his vision of eventually being able to record the dialogue with the physiological data on a computer disk with signal impulses in order to correspond the dialogue with the data.

Another project on the agenda, with the help of the new Brainmapping system, is the new "Gifted Subjects Program." Its purpose is to analyze the brain waves of Explorers who are proficient in skills such as OBE, remote viewing, and channeling, in order to determine if the data from these subjects indicate common features such as brain wave patterns, which can then be averaged and replicated using the Hemi-Sync technology to help others attain similar capacities.

PR/Publicity for the Professional

By Jim MacMahon

Jim MacMahon has been providing local and national advertising, marketing and public relations services since 1970 when he founded MacMahon Advertising, Incorporated, in Orlando, Florida. Winner of Orlando's Advertising Man of the Year, Silver Medal Award, MacMahon is currently President of McKenzie, MacMahon and Stone, Inc. advertising agency. He is a lecturer and past life therapist, consultant to The Monroe Institute and a member of the Board of Advisors.

Advertising, Jim told us, is so intertwined with our culture that without it, our economy would fail. Simply, "advertising" is buying space to get attention. In turn, "marketing" is an umbrella term that applies to ALL processes of getting a product to the market. One aspect of marketing is public relations. PR involves stimulating the interest of others in a product so they will present it for you. One example is to take an ordinary event (such as an executive's promotion or the opening of a new building) and make it exciting in order to get press coverage.

Jim suggested that PR efforts begin by defining one's image (including office decorations and stationery) and objectives (such as obtaining greater exposure or handling a crisis). Special events, such as an advertising campaign or an open house, can also be used. In addition, if something has news value, trade journals may be used to bring greater awareness of yourself or your company. Jim said newsletters

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BEYOND 20/20

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Pauline stressed that it is possible to overcome the need for eyeglasses. To maintain and improve vision, it is necessary to exercise the six eye muscles so that they can develop and maintain their inherent elasticity. Mental attitude, she said, is key factor in improving vision. That, combined with good nutrition and proper eye care and exercises, can lead to recovered eye health, improved motor coordination and increased mental comprehension.

Biofeedback, Medicine, and Hemi-Sync

By Arthur Gladman, M.D.

Art Gladman is a psychiatrist specializing in psychosomatic medicine and behavioral medicine-biofeedback. Founder of the Gladman Memorial Hospital in Oakland, California, he has been associated with The Monroe Institute since the mid 1970's and is a member of the Board of Advisors.

When Art was diagnosed as having cancer, he knew he had to revitalize his career. As a result, in 1966 he opened a psychiatric hospital. Later, he traveled with Jack Schwartz and Dr. Elmer Green to California to give a biofeedback demonstration. In 1974, he met Bob Monroe at a Council Grove Conference.

He told us that a primary advantage of biofeedback is that one learns one need not be a victim, that control of oneself is possible. Citing an ordinary bathroom scale as a biofeedback device, he told how one learns to shift the locus of control. As a result, control becomes the responsibility of the person. No longer can one view oneself as at the mercy of whatever problem one faces.

Art has established certain objectives when working with biofeedback. First, he makes friends and establishes trust between the patient and himself. Thus he ensures the patient experiences success using biofeedback. In doing so, he teaches people to ask their body of something, then leave it alone to do its work naturally. Then, he gives the patient autogenic phrases to take home and work with, such as "I feel relaxed" and "My feet are warm and comfortable."

He has also found that having the patient listen to an H-Plus tape accomplishes quickly what usually takes a half day to learn. In general, he has found H-Plus tapes to be "incredibly effective." He said he always educates the patient regarding their use and effect.

Furthermore, to effectively use biofeedback, he suggested always taking time to "beat the drum." That is, educate your patient regarding the process of and the success that will be enjoyed as a result of biofeedback techniques. He encouraged people to develop a positive attitude and sense of expectation.

PR (continued from previous page)

are effective, but a good mailing list is needed to make them work. To build a list, start with personal contacts or buy lists from sources with similar interests.

For GO Trainers and others promoting Hemi-Sync tapes, Jim advised promoting awareness, concentration, and other practical results of using the tapes, rather than promoting "Hemi-Sync" itself. Also, be sure to have sufficient back-up information for any claims.

Furthermore, he suggested giving interviews, presenting demonstrations on TV, appointing spokespeople who wish to make testimonials, and contacting the religion editor of a local newspaper to generate publicity.

Search for Gifted and Talented Subjects

Are you a prodigy, a remote viewer, a healer, or do you have some other special talent?

TMI is looking for gifted and talented subjects to participate in the Brainmapping Project. Applicants should submit a written description of their unusual or extraordinary abilities to TMI for consideration. Where possible, such abilities should be verifiable. Each application will be reviewed for possible benefit to TMI. TMI does not intend to validate nor test a specific talent. The purpose here is to discover brain wave information related to bona fide talented subjects for the purposes of improving the HEMI-SYNC process. For more information contact F. Holmes Atwater, TMI Brainmapping Project Coordinator.

CLASSIFIEDS

URGENT! Seeking new or used Hemi-Sync Synthesizer Model 201B. Call Paul, collect, at 214/404-8568.

WANTED TO BUY OR LEASE: Hemi-Sync Synthesizer Model 201B. Contact Earlita Horne, 623 Della Ave., Ellicott City, MD 21043, 301/750-0842 leave mesage.

WANT TO PURCHASE: Hemi-Sync Synthesizer Model 201B. Contact: Delver Costiloe, 4390 Rosita, Atascadero, CA 93422, 805/466-1471 eves, 805/461-2269 days.

WANT TO PURCHASE: Hemi-Sync Synthesizer Model 201B. Contact: Marcia Thompson, 404/365-0365 days, or 404/237-9922 eves and wkends.

WANT TO BUY: Hemi-Sync Synthesizer Model 201B. Contact: Edit Rodas Carroll, 1102 Bartlett St., Houston, TX 77006, 713/526-6830 (home), 713/529-6681 (work).

To highlight this, Jim told how he promoted a dentist with a doctorate in hypnosis who also facilitates past-life regressions. Jim arranged for him to give a demonstration on the local noon news. As a result, there was a successful turnout for his evening lecture/demonstration. Since his earlier TV demonstration was so dramatic, the news covered his lecture as well, creating public interest for his return.

Jim also presented tips for facing a publicity crisis. First, have an established plan ready to implement. Second, acknowledge the incident without commenting immediately on the issue. Third, choose a spokesperson to present the facts. Fourth, get organized and deal directly with the problem.